

SLOW DOWN. **THINK AHEAD.** STAY SAFE.



PAUSE BEFORE YOU START

Take a moment to stop and get ready.

- Do I have what I need?
- Am I in the right mindset?
- Is it safe to begin?



A short pause can prevent a big problem.

No matter where you work—on the road, in the office, in the field, or in the warehouse—rushing increases the chance of mistakes and injuries.



LOOK AROUND YOU

Scan for hazards.

- Watch your surroundings.
- Look for changes.
- Check equipment and conditions.



Awareness helps you stay out of harm's way.



THINK THROUGH THE TASK

Plan your steps.

- What could go wrong?
- What's the safest way?
- Am I rushing because of time pressure?



Good decisions start with clear thinking.

Taking a few extra seconds now can prevent a big problem later.

REMEMBER:

Being productive doesn't mean moving faster. It means **working smart**, **staying focused**, and **getting the job done safely** the first time.



ACT THE SAFE WAY

Work with focus.

- Follow safe procedures.
- Take your time.
- Do it right the first time.



Safe actions protect you and your team.



MOST INJURIES HAPPEN BECAUSE SOMEONE WAS IN A HURRY.

Slow down, stay focused, and make safety your first priority.



A FEW EXTRA SECONDS NOW

Can prevent an injury that could impact you for weeks—or a lifetime.



HAVE A TOPIC IDEA?

Send suggestions to:
hr4u@fabianobrothers.com

Approved Safety Read topics earn the contributor a
\$5 HIP Credit!

Ulliance.

LIFE CAN BE TOUGH,
BUT GETTING HELP IS SIMPLE.

Call 800.448.8326 or
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SLOW DOWN TODAY. GO HOME SAFE TONIGHT.



SAFETY STARTS WITH YOU.
THINK SAFE. WORK SAFE. GO HOME SAFE.